

## REFRESHING ACTIVITIES TO DO BY YOURSELF TO PRACTICE SELF CARE:

1. Take a nap.
2. Go for a walk outside.
3. Write a gratitude list.
4. Listen to music.
5. Go for a long drive.
6. Sit in silence for 10 minutes.
7. Have a hot bath.
8. Paint, draw or colour.
9. Read a book.
10. Go to a coffee shop and people watch.
11. Set a spending limit and go shopping.
12. Try a new workout.
13. Go to bed early.
14. Go to the cinema.
15. Tour a museum.
16. Watch your favourite film.
17. Bake your favourite dessert.
18. Create a list of goals.
19. Plan to redecorate part of your house.
20. Sign out of social media accounts.
21. Complete a random act of kindness.
22. Order your favourite takeaway food.
23. Get a massage.
24. Go thrift shopping.
25. Meditate.
26. Go for a spa day.
27. Take a short online class.
28. Feed the birds/ducks in the park.
29. Write a short story.
30. Create a morning and evening routine.
31. Brainstorm side hustles for extra income.
32. Stretch.
33. Do a puzzle.
34. Try a new class/hobby.
35. Make a list of new habits you would like to adopt.
36. Sort & throw away expired make-up, food, skincare etc.
37. Start or continue journaling.
38. Organise your room/a room in your house.
39. Watch an inspiring ted talk.
40. Listen to a podcast.
41. Paint your nails.
42. Do some yoga.
43. Watch funny videos.
44. Look through old photographs.
45. Apply a face mask.
46. Explore a city.
47. Do a social media detox.
48. Re-arrange your wardrobe.
49. Watch the sunrise/set.
50. Create a vision board.
51. Clear your email inbox.
52. Write a letter to your younger self.
53. Make a gratitude list.
54. Notice three new things about your surroundings.
55. Write a recap of your week.
56. Drink enough water.
57. Try a new recipe.
58. Watch a documentary.
59. Do some voluntary work.
60. Choose some positive affirmations to write down.
61. Plan your week ahead.

62. Do your hair and make-up and wear clothes that make you feel confident.
63. Make a video and pretend you are on YouTube.
64. Make a bucket list.
65. Call a friend/family member.
66. Write a biography of yourself.
67. Reflect on how far you've come.
68. DIY soap/face scrub.
69. Admire the view.
70. Read interesting conspiracy theories.
71. Write 3 good things about the most important people in your life.
72. Buy some self-help books